

## What are the symptoms of diabetic kidney disease?

In the early stages, diabetic kidney disease does not have any symptoms. Kidney disease happens so slowly that you may not feel sick at all for many years. You may not feel sick even when your kidneys do only half the job of healthy kidneys. Only your doctor can tell if you have kidney disease by checking the protein, or albumin, level in your urine at least once a year.

The first symptom of diabetic kidney disease is often swelling in parts of your body, such as your hands, face, feet, or ankles. Also, large amounts of protein in your urine may cause urine to look foamy. Once your kidney function starts to decrease, other symptoms may include

- increased or decreased urination
- feeling drowsy or tired
- feeling itchy or numb
- dry skin
- headaches
- weight loss

- not feeling hungry
- feeling sick to your stomach
- vomiting
- sleep problems
- trouble staying focused
- darkened skin
- muscle cramps



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Kidney disease may  
cause you to feel sick  
to your stomach.